

CLAIMS:

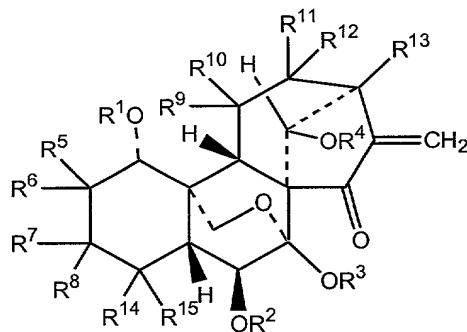
1. A composition for treating or preventing prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer, the composition comprising a compound selected from the group consisting of oridonin, lupulone, bavachin, bavachalcone, bavachinin, bavachromene, their pharmaceutically acceptable salts or esters, their selectively substituted analogs, and combinations comprising at least one of the foregoing compounds.

2. The composition of Claim 1, in an ingestible form.

3. The composition of Claim 2, wherein the ingestible form is a powder, a capsule, or a tablet.

4. The composition of Claim 1, in the form of a suppository.

5. The composition of Claim 1, comprising a compound having the structure



wherein R^1 - R^4 are each independently hydrogen, C_1 - C_6 alkyl, or C_1 - C_{12} acyl, R^5 - R^{13} are each independently hydrogen or C_1 - C_6 alkyl, and R^{14} and R^{15} are each independently C_1 - C_6 alkyl, with the proviso that at least 4 of R^5 - R^{13} are hydrogen.

6. The composition of Claim 5, wherein R^1 - R^4 are each independently hydrogen, methyl, ethyl, acetyl, or propionyl.

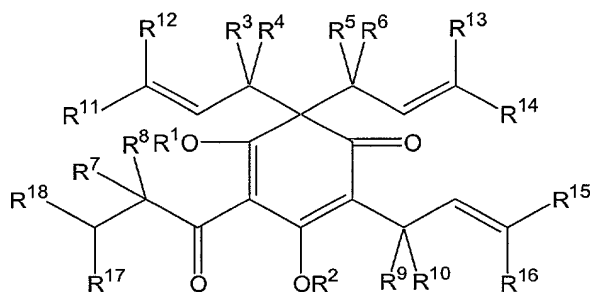
7. The composition of Claim 5, wherein R^5 - R^{13} are each independently hydrogen, methyl, or ethyl.

8. The composition of Claim 5, wherein R^1 - R^{13} are hydrogen, and R^{14} and R^{15} are methyl.

9. The composition of Claim 5, comprising an extract of *Rabdosia rubescens*.

10. The composition of Claim 9, further comprising an extract of *Humulus lupulus*, *Psoralea corylifolia* L., or a combination thereof.

11. The composition of Claim 1, comprising a compound having the structure



wherein R^1 and R^2 are each independently hydrogen, C_1 - C_6 alkyl, or C_1 - C_{12} acyl; R^3 - R^{10} are each independently hydrogen or C_1 - C_6 alkyl with the proviso that at least four of R^3 - R^{10} are hydrogen; and R^{11} - R^{18} are each independently C_1 - C_6 alkyl.

12. The composition of Claim 11, wherein R^1 and R^2 are each independently hydrogen, methyl, ethyl, acetyl, or propionyl.

13. The composition of Claim 11, wherein R^3 - R^{10} are each independently hydrogen, methyl, or ethyl.

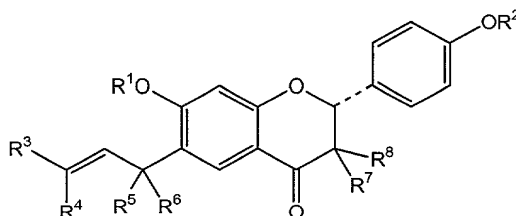
14. The composition of Claim 11, wherein R^{11} - R^{18} are each independently methyl or ethyl.

15. The composition of Claim 11, wherein R^1 - R^{10} are each hydrogen, and R^{11} - R^{18} are each methyl.

16. The composition of Claim 11, comprising an extract of *Humulus lupulus*.

17. The composition of Claim 16, further comprising an extract of *Rabdosia rubescens*, *Psoralea corylifolia* L., or a combination thereof.

18. The composition of Claim 1, comprising a compound having the structure



wherein R^1 and R^2 are each independently hydrogen, C_1 - C_6 alkyl, or C_1 - C_{12} acyl; and R^3 - R^8 are each independently hydrogen or C_1 - C_6 alkyl with the proviso that at least two of R^3 - R^8 are hydrogen.

19. The composition of Claim 18, wherein R^1 and R^2 are each independently hydrogen, methyl, ethyl, acetyl, or propionyl.

20. The composition of Claim 18, wherein R^3 - R^8 are each independently hydrogen, methyl, or ethyl.

21. The composition of Claim 18, wherein R^3 and R^4 are methyl.

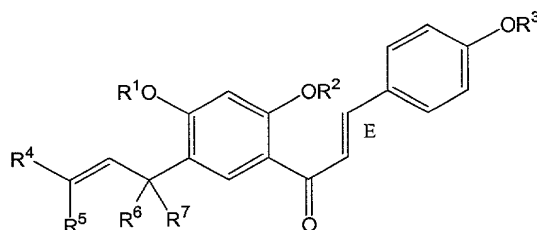
22. The composition of Claim 18, wherein R^1 , R^2 , and R^5 - R^8 are hydrogen; and R^3 and R^4 are methyl.

23. The composition of Claim 18, wherein R^2 and R^5 - R^8 are hydrogen; and R^1 , R^3 , and R^4 are methyl.

24. The composition of Claim 18, comprising an extract of *Psoralea corylifolia* L.

25. The composition of Claim 24, further comprising an extract of *Rabdosia rubescens*, *Humulus lupulus*, or a combination thereof.

26. The composition of Claim 1, comprising a compound having the formula



wherein R¹-R³ are each independently hydrogen, C₁-C₆ alkyl, or C₁-C₁₂ acyl; and R⁴-R⁷ are each independently hydrogen or C₁-C₆ alkyl.

27. The composition of Claim 26, wherein R¹-R³ are each independently hydrogen, methyl, ethyl, acetyl, or propionyl.

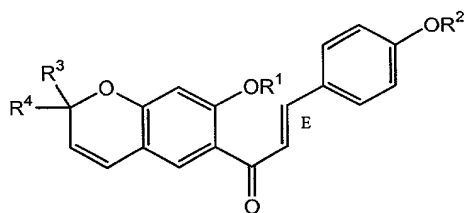
28. The composition of Claim 26, wherein R⁴-R⁷ are each independently hydrogen, methyl, or ethyl.

29. The composition of Claim 26, wherein R¹-R³, R⁶, and R⁷ are hydrogen; and R⁴ and R⁵ are methyl.

30. The composition of Claim 26, comprising an extract of *Psoralea corylifolia* L.

31. The composition of Claim 30, further comprising an extract of *Rabdosia rubescens*, *Humulus lupulus*, or a combination thereof.

32. The composition of Claim 1, comprising a compound having the structure



wherein R¹ and R² are each independently hydrogen, C₁-C₆ alkyl, or C₁-C₁₂ acyl; and R³ and R⁴ are each independently hydrogen or C₁-C₆ alkyl.

33. The composition of Claim 32, wherein R¹ and R² are each independently hydrogen, methyl, ethyl, acetyl, or propionyl.

34. The composition of Claim 32, wherein R³ and R⁴ are each independently hydrogen, methyl, or ethyl.

35. The composition of Claim 32, wherein R¹ and R² are hydrogen; and R³ and R⁴ are methyl.

36. The composition of Claim 32, comprising an extract of *Psoralea corylifolia* L.

37. The composition of Claim 36, further comprising an extract of *Rabdosia rubescens*, *Humulus lupulus*, or a combination thereof.

38. A composition for treating or preventing prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer, the composition comprising an extract of a plant selected from the group consisting of *Rabdosia rubescens*, *Humulus lupulus*, *Psoralea corylifolia* L., and combinations comprising at least one of the foregoing plants.

39. A composition for treating or preventing prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer, the composition comprising an extract of *Rabdosia rubescens* and an extract of a plant selected from the group consisting of *Panax pseudo-ginseng* Wall, *Ganoderma lucidum* Karst, *Scutellaria baicalensis* Georgi, *Glycine max*, *Curcuma longa*, and combinations comprising at least one of the foregoing plants.

40. The composition of Claim 39, comprising:

about 2 to about 10 parts by weight of an extract of *Rabdosia rubescens*;

about 10 to about 40 parts by weight of an extract of *Panax pseudo-ginseng* Wall;

about 100 to about 500 parts by weight of an extract of *Ganoderma lucidum* Karst;

about 20 to about 100 parts by weight of an extract of *Scutellaria baicalensis* Georgi;

about 20 to about 100 parts by weight of an extract of *Glycine max*; and

about 20 to about 100 parts by weight of an extract of *Curcuma longa*.

41. The composition of Claim 40, wherein the extract of *Rabdosia rubescens* comprises oridonin; wherein the extract of *Panax pseudo-ginseng* Wall comprises a gensenoside; wherein the extract of *Scutellaria baicalensis* Georgi comprises baicalin; wherein the extract of *Glycine max* comprises a soy flavonoid, a soy isoflavonoid, or both; and wherein the extract of *Curcuma longa* comprises curcumin.

42. A composition for treating or preventing prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer, the composition comprising an extract of *Humulus lupulus* and an extract of a plant selected from the group consisting of *Panax pseudo-ginseng* Wall, *Ganoderma lucidum* Karst, *Scutellaria baicalensis* Georgi, *Glycine max*, *Curcuma longa*, and combinations comprising at least one of the foregoing plants.

43. The composition of Claim 42, comprising:

about 2 to about 10 parts by weight of an extract of *Humulus lupulus*;

about 10 to about 40 parts by weight of an extract of *Panax pseudo-ginseng* Wall;

about 100 to about 500 parts by weight of an extract of *Ganoderma lucidum* Karst;

about 20 to about 100 parts by weight of an extract of *Scutellaria baicalensis* Georgi;

about 20 to about 100 parts by weight of an extract of *Glycine max*; and

about 20 to about 100 parts by weight of an extract of *Curcuma longa*.

44. The compositions of Claim 43, wherein the extract of *Humulus lupulus* comprises lupulone; wherein the extract of *Panax pseudo-ginseng* Wall comprises a gensenoside; wherein the extract of *Scutellaria baicalensis* Georgi comprises baicalin; wherein the extract of *Glycine max* comprises a soy flavonoid, a soy isoflavonoid, or both; and wherein the extract of *Curcuma longa* comprises curcumin.

45. A method of treating prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer in an individual in need thereof, comprising administering a therapeutically effective amount of the composition of Claim 1.

46. A method of treating prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer in an individual in need thereof, comprising administering a therapeutically effective amount of the composition of Claim 39.

5 47. A method of treating prostate cancer, breast cancer, colon cancer, lung cancer, or bladder cancer in an individual in need thereof, comprising administering a therapeutically effective amount of the composition of Claim 42.